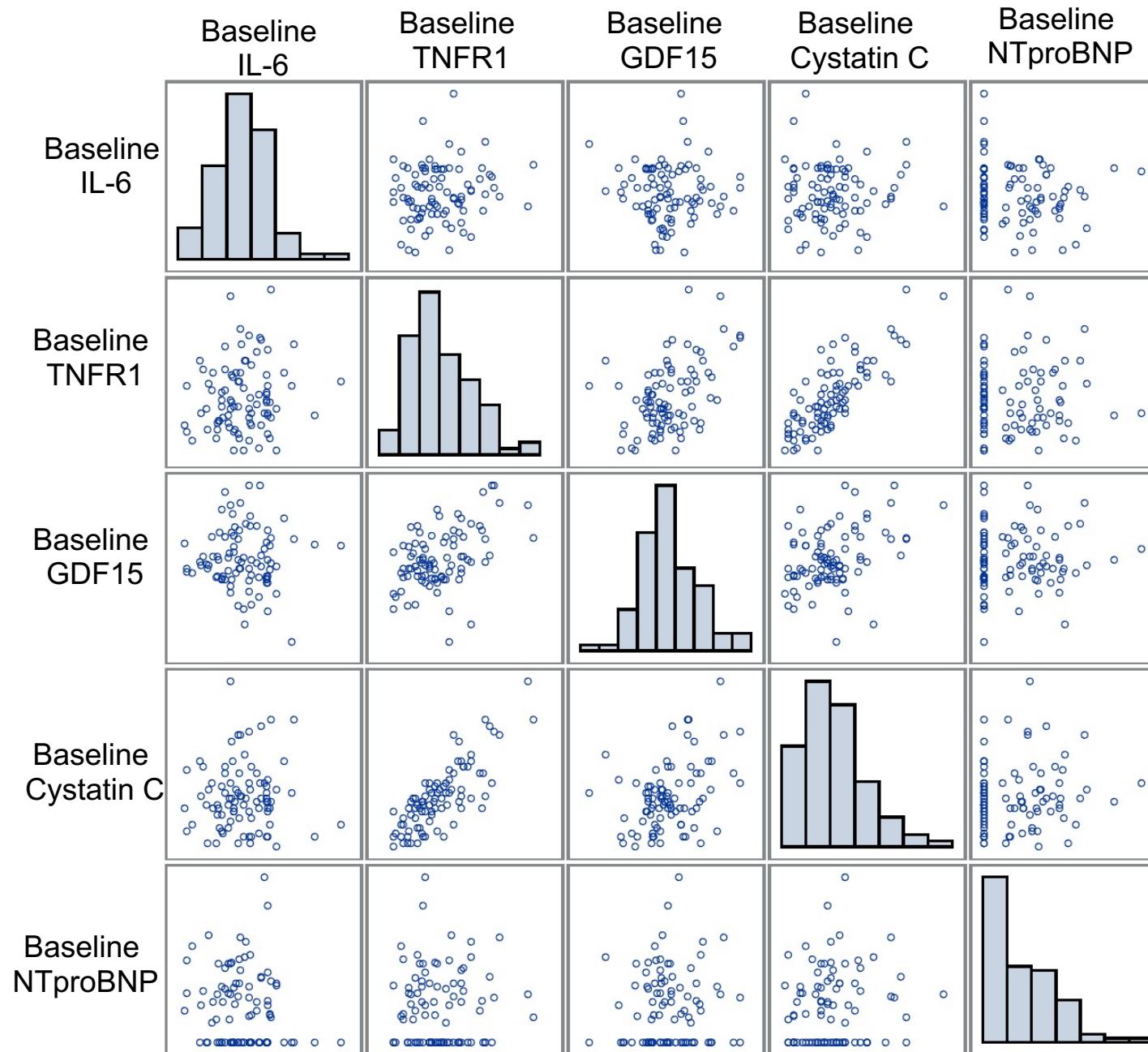
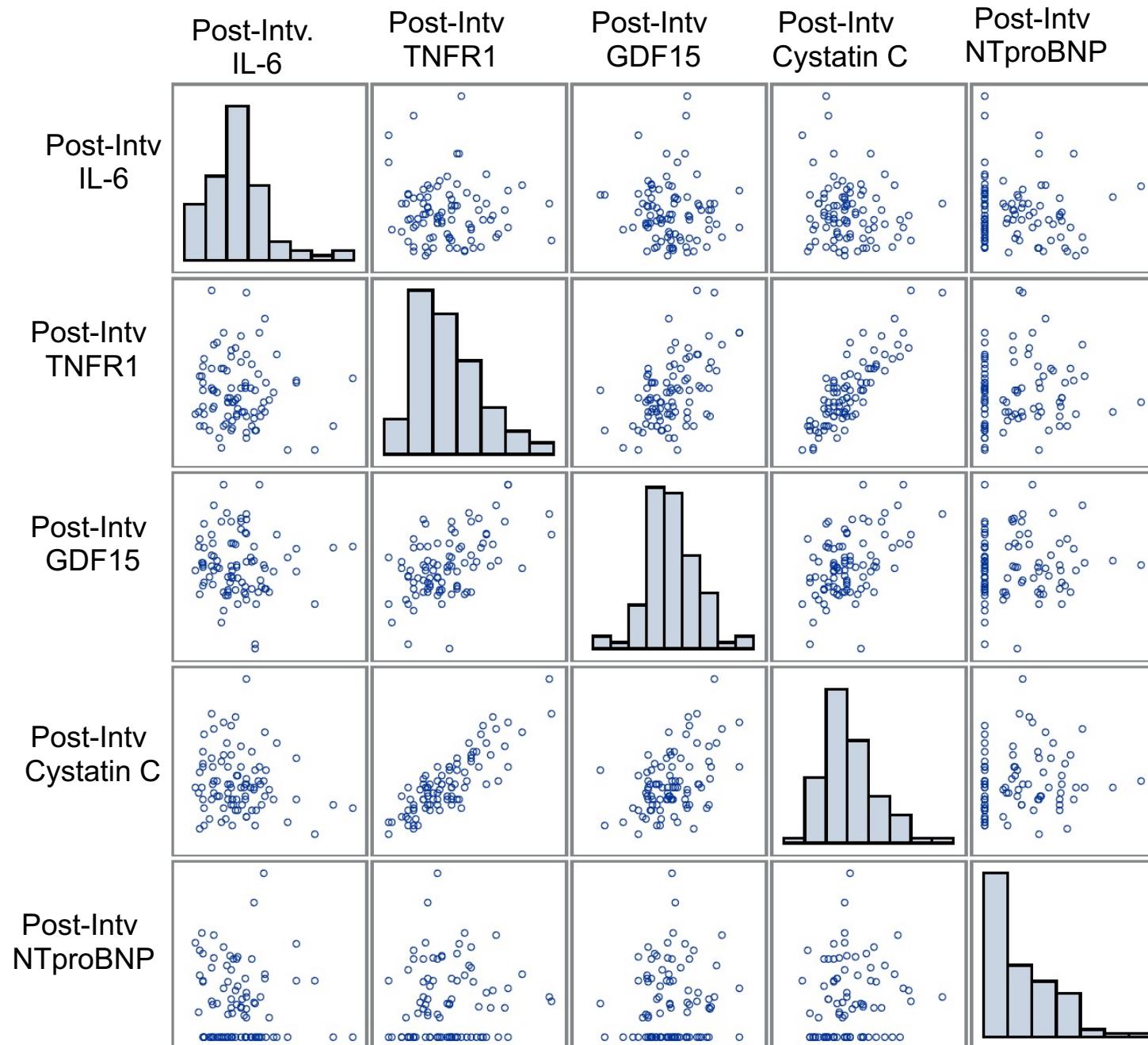


**Supplement Figure S1.** Scatterplot histograms of log transformed biomarker analyte levels at baseline.

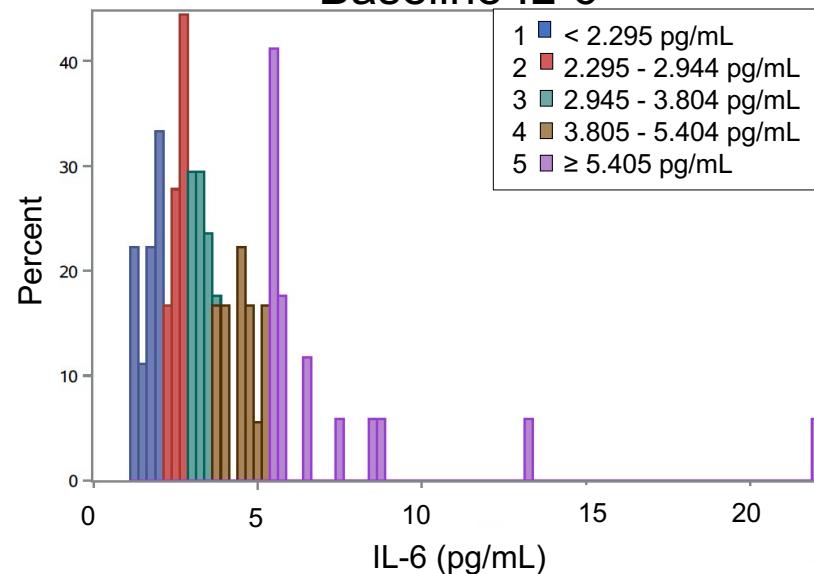


**Supplement Figure S2.** Scatterplot histograms of log transformed biomarker analyte levels post-intervention.

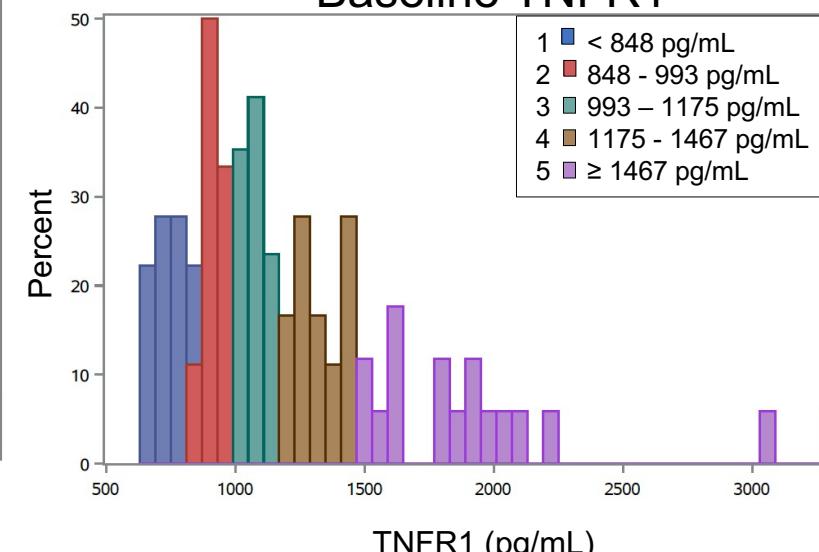


**Supplement Figure S3.** Histogram of biomarker level by quintile cutpoints prior to randomization (treatment groups combined).

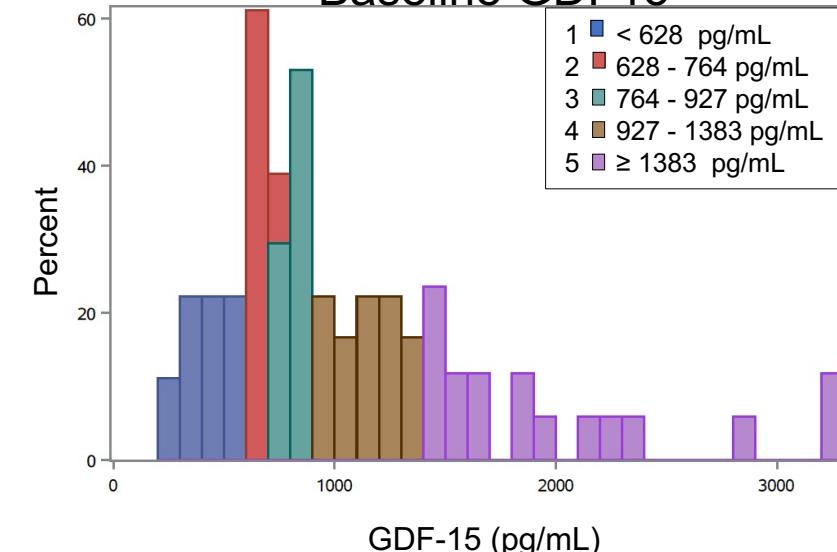
Baseline IL-6



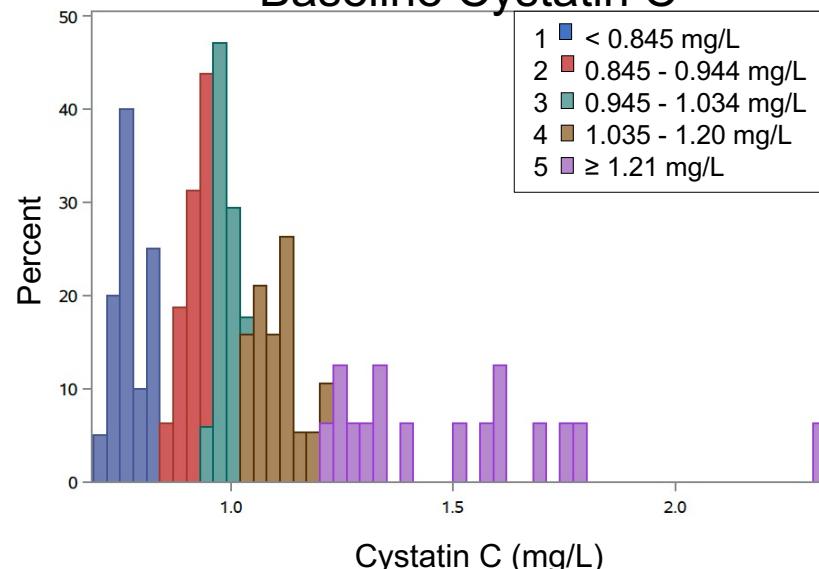
Baseline TNFR1



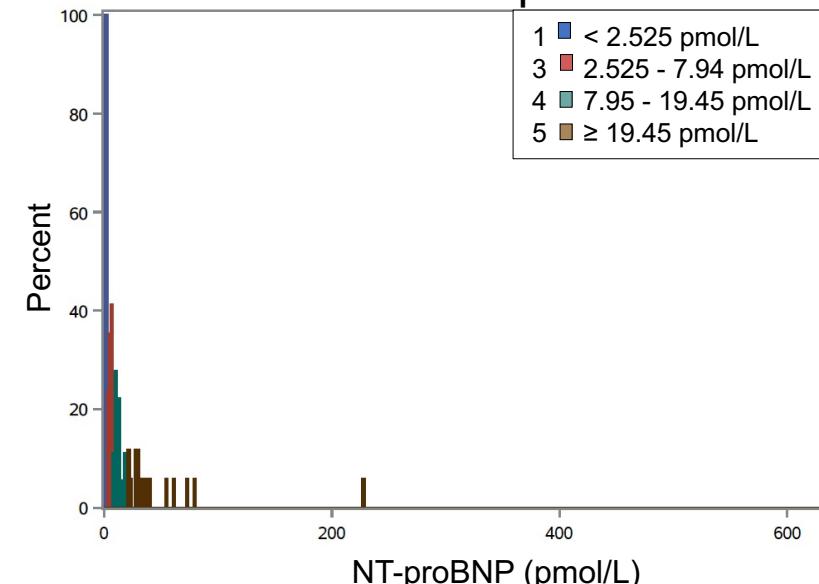
Baseline GDF15



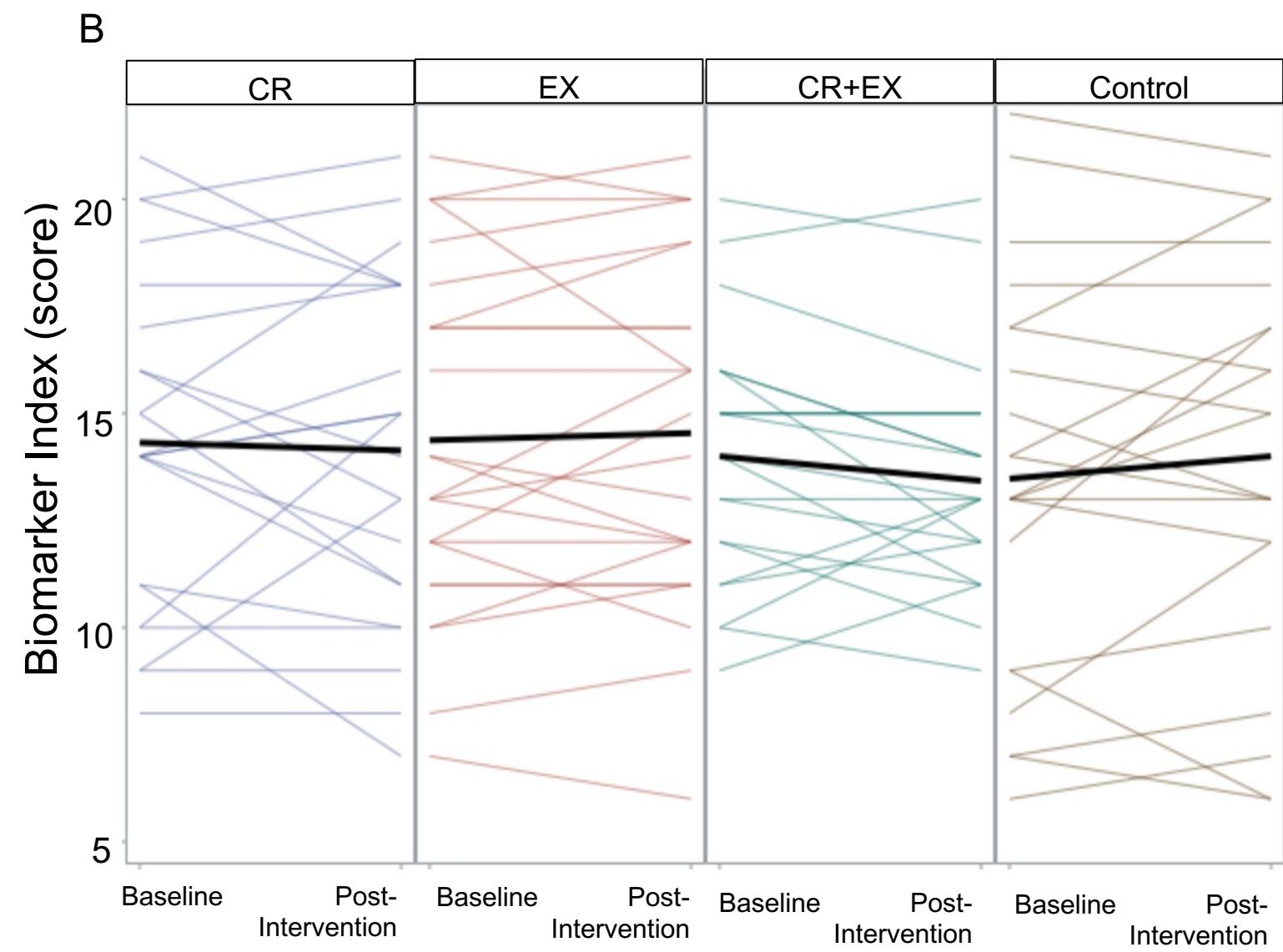
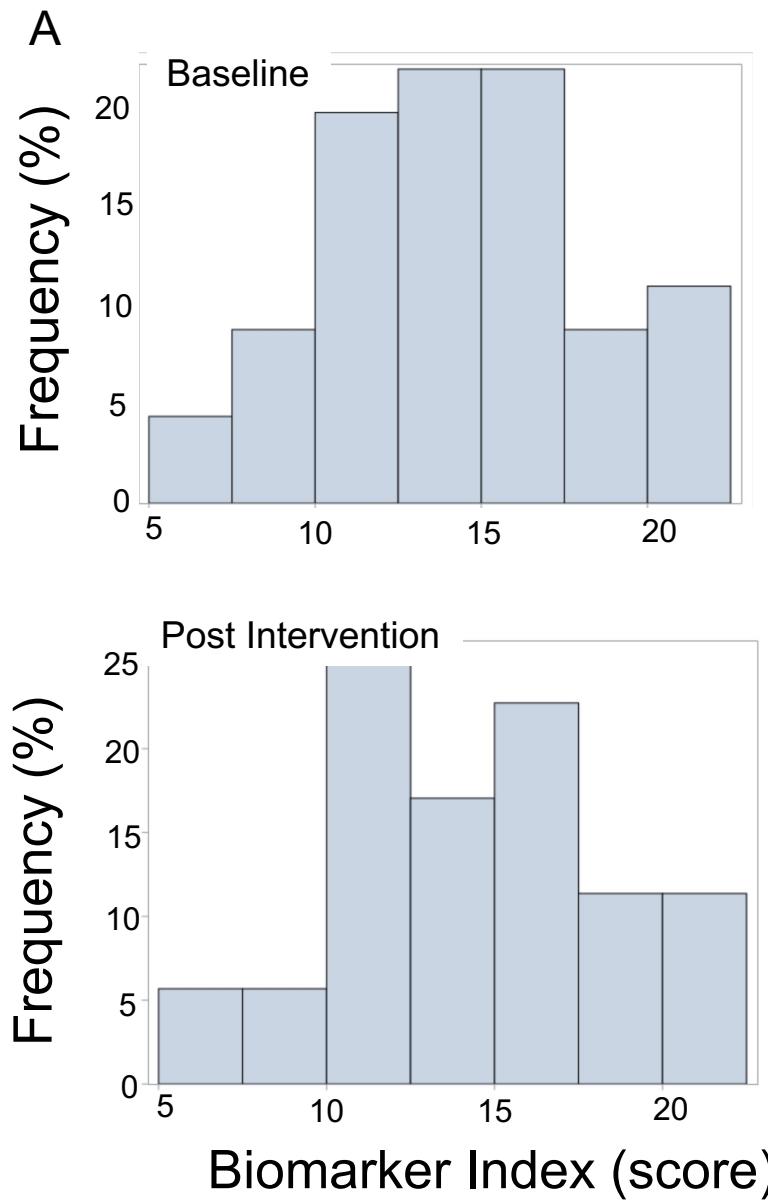
Baseline Cystatin C



Baseline NTproBNP



**Supplement Figure S4.** Biomarker Index histograms before and after (A) intervention (groups combined), and individual biomarker index by four treatment groups (B).



**Supplement Figure S3.** Log transformed biomarker levels at baseline and post intervention by 4 treatment groups.

